

## HYPNOSIS FACT SHEET

"What we think, we become" -Buddha. With Hypnosis I put you into an altered state of consciousness (ASC). It feels like you are meditating in a peaceful and relaxed environment. You end up being in between what is known as the sleep state and awake state. This is when I am able to communicate not to your conscious but your subconscious. This is important because this is where everything has been imprinted like bad habits. This is where change actually happens because your subconscious is much stronger than your conscious. I go into your master control system, suggest the things you tell me you want changed. 60% of physicians are referring their patients to complementary therapies. It is well-documented that Hypnosis is very effective in helping patients with pre surgery preparation and post surgery healing, Insomnia, Fibromyalgia, Chemotherapy side effects, and Hypertension. 70% of the 46 million Americans who smoke want to quit & usually try to quit several times before permanently kicking the habit. Unfortunately, those who do not participate in a cessation program, about 95% will fail at quitting. Also, roughly about 95% of diets fail as well.

- Provides the best mental and physical stress relief creating an optimal state of health and wellness because it is the bridge between the mind, the body, and the spirit
- You cannot become stuck in hypnosis since you cannot get stuck in a set of brain waves. This would mean that people could get stuck in their sleep which we know is impossible
  - Anyone with a normal brain function can enter into hypnosis. Just like a dream, the client may recall some or most of what happened during the session
- Positive suggestions are processed properly and are actually 30% more effective. The subconscious mind does not process negatives which are 30% less effective.
- The suggestion given to the subconscious becomes a belief, changes the behavior, and creates an effect or action
- Hypnosis gets to the root of the problem which is stored in the subconscious allowing the client to release the problem, heal, and create change
- The client is always in control of their session. If it goes against their belief system they will either reject the suggestion or come out of hypnosis

**Brain wave activity is divided into four levels of cycles per second:**

**Beta** - Full consciousness, awake

**Alpha** - Falling asleep at night & waking up in the morning. - Hypnosis - Meditation

**Theta** - Early stages of sleep. - Deep meditation - Deep hypnosis

**Delta** - Full sleep to deepest sleep